

The Danger of Degeneracy.

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II.

Eugenic theses and guide-lines.

(Conclusion to the paper appearing in Vol. XIII, No 4).

A.

1. A good *national-material* is the greatest riches a country can possess. The material of the people depends in the highest degree upon the quality of the hereditary mass. This is different in different nations.

2. *Heredity and selection* are the chief influences which govern life in this world. *Environment* is certainly also of significance, although it cannot develop new qualities but can only modify those already present, in the one or the other direction.

3. *Families and nations are governed by strict laws* in the same way as the private individual. One of the first tasks laid upon every civilized nation is the careful investigation of these biological laws of nature, and afterwards the regulation and arrangement of the conditions of society to suit these laws. If we break them we must ourselves bear the consequences: we degenerate and go under. These laws, however, are not altogether and only stern avengers. Rightly understood and obeyed they form a richly yielding source of improvement and progress.

4. *A glaring waste of the national-material* is to be found at present among many of the civilized nations and even with us. Material of great, and to a large extent irreplaceable, value is being lost with alarming rapidity. And it cannot be recovered in the same hasty manner as it is being thrown away.

5. *Many reasons co-operate* in bringing this about. The principal seem to be: (a) the sinking birthrate among the middle classes (among the peasant population) who possess stronger race energy than the other strata of society; (b) great industrial activity; (c) hasty race-mixture between nations, who from a race-biological point of view, stand too far apart; (e) luxury and the worship of mammon with the destruction of moral worth, which accompanies it, etc.

6. *The system of having none, one or two children* practised by the more valuable strata of the people, while at the same time the lower and inferior strata increase relatively quickly, must lead to the deterioration of the race and the degeneration of the nation. The better off classes, especially the women of these classes, without any valid reason, show an increasing disposition to withdraw from parenthood. By so doing they shirk their duty and betray their own people. The decided individualism of our time, the great claims made on life, together with the decided over-estimation of the power of environment and education, are important reasons leading in this direction. The

public opinion in a country and the authorities of the State have also a heavy burden of guilt to bear in this respect.

7. *Industrial and agricultural occupations* demand, at least at times, increased and new energy. Partly for this reason and partly to defend the country from outward foes, owing to a low birth-rate in a country, foreigners belonging to an inferior race must be called in. In ancient Rome during its decline and fall the circumstances were exactly the same. Race-mixtures arise in such cases causing a mixed nation of inferior quality. This must sooner or later overthrow the ancient civilisation of the country. Chaos and anarchy become the ruling powers. Other nations force their way in and gradually the older civilisation is obliterated.

8. *It certainly lies within the boundaries of possibility to take up seriously the struggle against these threatening and destructive factors.* Such a course implies, however, that all good citizens within a country, irrespective of their social, political and religious views, should unite their forces and work together for a common goal, rich in promise, the defence of their own nation against internal revolutionary and race-degenerative tendencies.

For this is demanded: *good will and combination, financial self-sacrifice, greater morality and real love of humanity.*

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B.

1. An energetic *work of enlightenment* on the subject ought to be carried on. Beginning with the Universities, High Schools and Training Colleges as the starting point, public opinion ought to be worked upon by means of both lectures and writing. Medical men and teachers ought to be specially educated in the science of heredity and race-culture. The feeling of responsibility towards the coming generations must be aroused. No full-grown person ought to be ignorant concerning the great significance of parenthood, and all must learn to understand the meaning of *well-born from a biological point of view*.

2. *Race-biological institutes for investigation* with the object of studying hereditary questions and eugenic problems on all sides ought to be established in every civilized country as soon as possible. This has already been done in Sweden. The institute ought to be guided by genealogical, medical-biological, and social-economical principles. The instinct of self-preservation ought now, after the world war, to drive the civilized nations towards starting this work without delay.

3. *Severe diseases among the people* such as alcoholism, sex diseases and tuberculosis must be fought against strenuously.

4. *A simple and industrious manner of life* must be inculcated among all classes of the population, at the same time that due exercise of the body and sound sport are striven after. Luxury and an unchecked desire for pleasure do not bring honour to any nation; they counteract the development of race in a favourable direction.

5. *Social "swamps"* ought to be drained by means of wise reforms and far-sighted law-making. The necessary supervision and

care is not yet given to individuals who are really degenerate—and such are to be found in large numbers, both in our own land and in other civilized countries—but they are allowed to influence the race in an obstructive and dangerous manner. We ought to pay the greatest attention to political questions regarding the population and allow the eugenic point of view always to have full consideration.

6. The State and private persons ought to unite in building pattern homes out in the country as a counter-balance to the *industrialism* which so often proves an enemy to the race and to the health of the people. A sound agricultural population with a high birth-rate is a necessary condition of life for a nation that does not wish to degenerate. An independent peasant class makes the groundwork, "backbone" of a nation. This class ought therefore to be helped and cherished as much as possible. The de-population of the countryside must be sternly opposed, but not by the introduction of industrialism there also. Home colonization ought to be encouraged.

7. *Emigration*, which has caused a considerable drain on the life-blood of the nation, ought, if possible, to be regulated and kept within proper bounds.

8. We must also pay great attention to *immigration* so that inferior individuals belonging to foreign races cannot enter the country and settle without any hindrance. A mixture between nations who, from a race-biological point of view, stand high and others containing lower race-elements, such as gipsies, Galicians, certain Russian tribes, etc., is certainly to be condemned.

9. The science of eugenics, which is a real *patriotic movement* according to the true meaning of the words, has for its object the strengthening and improvement of our people both bodily and mentally, and ought therefore to be able to reckon on having the support of all classes of society.

10. Widely spread *national societies* ought to be formed in all the civilized countries with the object of working for *race-culture, the health of the people and the improvement of morality*.

Rich citizens within the country could hasten the spread of eugenic ideas in a high degree by means of financial and moral support. These ideas ought not to remain in the long run only futile desires.